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NEWS WORTH SHARING.

## FIRST PLACE ON LAST DAY IN SOCHI

PARALYMPICS END AS CROSS-COUNTRY SKIERS GRAB GOLD PAGE 22

## The Devil is a Lie ... but I'm in no hurry to check

Rick Ross is thinking a lot about mortality after drive-by PAGE 11

## Parents ask: Was Afghan mission worth their lives?

Families open up as Canada's last 100 soldiers return PAGE 5

# TED Talks to set your imagination aflame this week

**Vancouver's first.** Bill Gates, Chris Hadfield and others to speak at renowned conference

NICK WELLS
vancouver@metronews.ca

The screens are up and the guests have arrived, paving the way for Vancouver's very first TED Talk.

A range of speakers, thinkers and even an astronaut are all set to take the stage to share their ideas with the West Coast crowd.

Celebrating its 30th anniversary, TED — which stands for Technology, Entertainment and Design and features the slogan "Ideas Worth Spreading" — announced they would switch up their presentations and location.

While the signature 18-minute talks will still dominate, a reduced audience size and a special "All-Star" series are set to debut at this week's event.

Bill and Melinda Gates, Sting, and Canada's favourite astronaut Chris Hadfield are all scheduled to speak this week at the Vancouver Convention Centre.

The topics range from the human psyche to contemplating humanity's future.

If you're not able to score a $7,500 ticket to the exclusive event, there are 25 locations across the city offering free web streams of every session.

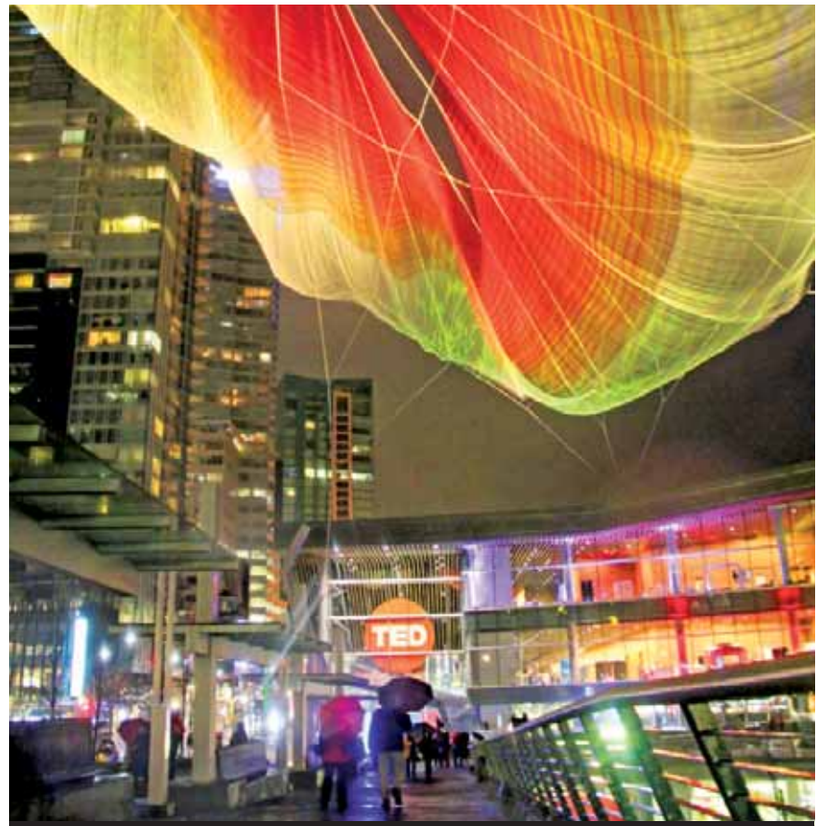
A separate talk is also taking place in Whistler but will still include web casts of the Vancouver event.

For local educators and academics, the talks present an opportunity to get people interested in knowledge.

"This is as important as going to see the Dalai Lama speak. To be with friends and colleagues and have this cohesive sense of gaining knowledge is a fantastic opportunity," said Skooker Broome, an exhibition designer at the Museum of Anthropology.

**Where to tune in**

- Terry Fox Plaza at BC Place
- Downtown branch of the Vancouver Public Library
- UBC Sauder School of Business
- Grouse Mountain
- Trout Lake Community Centre




**Janet Echelman's 745-foot aerial sculpture was unveiled Saturday evening in Canada Place Plaza. The sculpture, called Skies Painted with Unnumbered Sparks, was designed for the TED conference that begins on Monday.** KAYLA ISOMURA/FOR METRO

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UPGRADE to 4.5-star accom from $1329.

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Long Weekend Special, 2 Nights from $155 pp
INCLUDES accom near Harrison Lake.

**Portland** Long Weekend Special
3 Nights from $185 pp
INCLUDES central accom at boutique hotel.

**Jasper** Long Weekend Special
3 Nights from $189 pp
INCLUDES accom in the Canadian Rockies.
ADD 1-day lift ticket to the Marmot Basin from $65.

**Whistler** Long Weekend Special
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## Glen Chernen.
## Mayoral rival proceeds with lawsuit against Robertson

A political opponent will not back down from his lawsuit against Vancouver Mayor Gregor Robertson, despite the mayor's response that the petition is "devoid of any legal merit."

Glen Chernen, who plans to run for mayor for the upstart Cedar Party in November, and nine others will proceed with their petition asking the B.C. Supreme Court to remove Robertson from office over allegations of conflict of interest over granting Hootsuite a lease to a city building.

"His response essentially calls our petition frivolous and vexatious. We wholeheartedly disagree," Chernen said in a statement Friday.

The statement calls the circumstances around the lease "suspicious," adding that the information wasn't released until pressure from the media and the B.C. Office of the Information and Privacy Commissioner.

Robertson's defence argues the lease was at or above fair market value and the lawsuit was filed for political purposes.

"Not only does it make scandalous and unfounded allegations and innuendos, but it is an abuse of this Court's process for rank political ends," the defence states.

This is one of two lawsuits Chernen filed against the mayor and other Vision Vancouver councillors in the past month. The second, to which the mayor has yet to respond, alleges conflict of interest over the Oakridge Centre project.

EMILY JACKSON/METRO

Downtown Eastside residents paint messages across a vacant Buddhist temple on East Hastings and Gore Avenue in support of a proposed Aboriginal Healing and Wellness Centre. KAYLA ISOMURA/FOR METRO

# City approves $1-billion Downtown Eastside plan

**'Healthier, more inclusive.'** Mayor has high hopes for neighbourhood where half of residents earn less than $13,600 a year

EMILY JACKSON
emily.jackson@metronews.ca

For some low-income residents, the plan to improve the Downtown Eastside doesn't go far enough to house people scraping by on welfare.

For some developers, the plan went too far with a rental-only district believed to be too restrictive to net the city enough cash to provide cheaper homes.

Nevertheless, city council voted Saturday to approve the 30-year, $1-billion plan for the future of the neighbourhood where half of the 18,000 residents earn less than $13,600 per year.

"This plan will create a healthier, more inclusive neighbourhood — but not at the expense of low-income residents," Mayor Gregor Robertson said in a statement.

The city's logic is that the rental-only section surrounding Oppenheimer Park will decrease land speculation and make it easier to build a 60/40 mix of social housing (20 per cent will be at the welfare rate of $375 per month) and market rentals.

It's hoped this will prevent the displacement of residents, community organizations and social services that fear gentrification will make it impossible for them to afford the neighbourhood.

But the city still hasn't answered the $525-million question: how it will convince the province and the feds to provide that amount of funding for housing. The province has shown little interest so far.

On top of that, the city's housing plans factor in $245 million of developer contributions from 8,850 units of "affordable home ownership" and $50 million directly from the city.

Other areas of the plan, albeit less controversial, will see major changes to the city's oldest neighbourhood. Developers will be allowed to build taller structures along parts of the Hastings corridor and will be given incentives for maintaining heritage.

The vote came after hearing from more than 100 speakers, many representing the low-income community. While many called for the city to delay the plan for more consultation — people have been working on it for more than three years, and many are unhappy with the process — council decided to move forward and begin implementing the plan.

That includes research into funding for an Aboriginal Health and Wellness Centre.

The plan was approved one day after council approved the Oakridge Centre redevelopment, a project that will see massive changes and towers up to 44 storeys tall at Cambie and 41st.

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## Education. President of BC Teachers mum on possible job action

Talk of job action was noticeably absent from a speech the president of the BC Teachers Federation gave during the union's annual meeting Saturday.

Jim Iker reiterated the union's commitment to fight for smaller class sizes, more specialist teachers and better wages.

He commended the union's 89 per cent strike vote but did not say if and when any action would happen.

"We didn't take the idea of taking a strike vote very lightly," Iker told reporters later. "The last thing we want to do is engage in any kind of job action if we do not have to."

Iker says talks will resume in April.

As of now, it is unclear if any progress has been made on negotiations.

"We have differences," was all Iker would say.

Iker says teachers have made a salary proposal that the government is reviewing.

"It will help close the gap between our colleagues across Canada and ourselves," Iker said.

Jim Iker METRO FILE

The union has said that B.C. teachers are underpaid compared to those in other provinces.

Statistics Canada reports in 2010 that the minimum annual starting wage for a B.C. teacher was $41,963, while in Alberta, the same wage was $53,838 and the starting wage in Ontario was $42,030.

THE CANADIAN PRESS

## Health. Case of measles found on the Burnaby BCIT campus confirmed

Fraser Health is confirming a student from BCIT in Burnaby has been infected by a measles outbreak in Chilliwack.

The health authority is working with the school to alert students who may have come in contact with this person.

Students who attended classes in building NE1 of the BCIT campus on March 6 or 7 may return to school on March 17 if they have two documented doses of MMR vaccine, if they are born before 1970 or if they had measles in the past.

Fraser Health is urging those who have symptoms of measles to isolate themselves at home.

Measles spreads through the air when an infected person breathes, coughs or sneezes.

The virus can survive in small droplets in the air for several hours.

THE CANADIAN PRESS

Deadly avalanche

### Man killed in B.C. slide from Saskatchewan

An avalanche that buried two men in B.C. has claimed the life of a 36-year-old man from Lloydminster, Saskatchewan.

Clearwater RCMP say the men were buried in a slide that occurred in the back of Red Sands Mountain near Blue River, B.C., located about halfway between Kamloops and Jasper, Alta. THE CANADIAN PRESS

Surrey

### Man in stable condition after being shot

Surrey RCMP are investigating what they're calling the targeted shooting of a 30-year-old man.

Police say neighbours heard a loud argument followed by several shots on Sunday morning.

The victim, who is known to police, was rushed to hospital and was in stable condition.

THE CANADIAN PRESS

Adil Tjabji and Christina Wilson bring their daughter, Caelynn, to experience their first St. Patrick's Day parade on Sunday morning. NICK WELLS/FOR METRO

# Celebrating Irish culture at the parade

**Seeing green.** More than 2,000 performers take part in the St. Patrick's Day event

NICK WELLS
vancouver@metronews.ca

She may have left the Old Country 32 years ago, but Geraldine Lunde is always looking to celebrate her Irish heritage.

Lunde and her husband, niece and nephew joined the thousands that packed downtown Vancouver to celebrate the 10th annual St. Patrick's Day parade on Sunday.

"It's wonderful to celebrate our culture in different languages," the County Antrim native said. "It's even a grey Irish day to add to it."

Pipers, dancers and even Saint Patrick himself all made an appearance at the parade, which featured more than 2,000 performers.

The parade was the culmination of the nine-day-long CelticFest. The festival featured whiskey tasting, Irish folk-singing lessons and a pub series to help teach Vancouverites about Ireland.

Christina Wilson and Adil Tjabji decided to brave the drizzle and indulge their daughter's desire to dress in green.

While two-year-old Caelynn kept an eye out for the horses and performers, her parents were able to enjoy the crowd and experience their first St. Patrick's Day parade.

"It's great seeing all the people and being able to enjoy the festivities," Wilson said.

Traditional piping and dancing made an appearance, with bands donning Irish kilts for the occasion, but the event also included some uniquely Vancouver elements, such as the Chinese dragon dance.

For visitors, it provided a glimpse into the city's cultural make-up.

Henry Mottironi had never seen a St. Patrick's Day parade before. The Swiss resident, who is studying English at Global Village, brought his fellow classmates down to the parade route.

"We don't have parades in Geneva," he said. "All the pubs celebrate it, but I haven't been to a parade like this before."

The festival society is already planning next year's event, with plans to incorporate more facets of Celtic culture.

"Lots of people don't know the Isle of Man is part of the Celtic culture," said Nancy Cottingham Powell, the executive director of CelticFest Vancouver. "We need to find ways of incorporating that into the Vancouver community."

## $50M Lotto Max ticket bought in Langley

Lotto Max THE CANADIAN PRESS

Check your pockets, Lower Mainlanders.

The winning ticket to the $50-million Lotto Max draw on Friday was bought in Langley.

The winner has yet to claim their prize, according to BCLC spokesman Chris Fairclough, who added that players have 52 weeks to step forward.

While many winners take a few days to speak to a financial advisor, take some deep breaths and let their windfall sink in, most don't wait very long to claim the cash, Fairclough said.

"I bet you wouldn't."

The prize ties for the largest in B.C. history with an October 2010 jackpot. The largest prize ever won in Canada was a $54.3-million 6-49 ticket sold in Alberta in October 2005.

Three other winning tickets for Friday's draw were purchased in B.C. A ticket in Surrey won $1 million, three tickets in Port Alberni will split $1 million and one in the Malahat – Juan de Fuca region won $500,000 for saying yes to the extra.

EMILY JACKSON/METRO

## Lake Louise, Alta. Father and son killed in avalanche while tobogganing

A Parks Canada spokesman says the avalanche risk was high in an area where a father and son were killed when snow rushed down the slope they had gone to toboggan in Lake Louise, Alta.

Banff National Park resource conservation manager Bill Hunt says RCMP requested the aid of Parks Canada Search and Rescue personnel to help look for the two on Saturday afternoon.

Hunt says a Parks Canada team found a partially buried toboggan in the avalanche debris.

It helped searchers locate the victims at the base of Mount Fairview on the shore of Lake Louise.

Mounties say the man, 33, and his son, 11, were from Montreal and may have been buried for almost a week.

Const. Phil Caza said the pair were reported missing Friday, but the last anyone recalled seeing them was on Sunday, March 9, when they rented the toboggan.

Caza said the slope where the pair were located can be accessed by walking on the frozen lake. He said it can even be seen from the Chateau Lake Louise hotel.

He said that after searchers found the toboggan partially sticking out from the snow, dogs were used to pick up the scent of the missing father and son and their bodies were then dug out.

THE CANADIAN PRESS

## Spy outfit. Investigation of CSEC reveals ethics breaches, wrongdoing

An investigation at Canada's secretive eavesdropping agency has uncovered misuse of public assets and "serious breaches" of the spy outfit's values and ethics code.

The findings, prompted by confidential information from a whistleblower, led Communications Security Establishment Canada to revise policy, improve training and boost oversight.

However, CSEC will say little more about the episode, leading opposition MPs to accuse the spy agency of needless secrecy as it comes under intense scrutiny due to widely publicized leaks by former American intelligence contractor Edward Snowden.

John Forster, chief of CSEC.
THE CANADIAN PRESS FILE

Ottawa-based CSEC monitors the foreign computer, satellite, radio and telephone traffic of people, countries, organizations and terrorist cells for information of intelligence interest to the federal government. THE CANADIAN PRESS

Michael Hornburg holds a photograph of his son Nate, who was the 71st Canadian soldier to die in Afghanistan, at his home in Calgary, on Tuesday.
JEFF MCINTOSH/THE CANADIAN PRESS

# Families of fallen reflect on losses

**At what price?** Despite the investment of blood and treasure, the Afghanistan being left behind is far from peaceful and secure

Was it all worth it?

It is a brutally awkward question, especially when posed in the context of Afghanistan.

There is no shortage of people opining about the now-concluded military mission that morphed into a costly, bloody humanitarian exercise.

But few of those voices truly count as much as the ones who've stayed largely silent through the tempest of this war: the families of the fallen, some of whom are speaking up for the first time in a series of interviews with The Canadian Press.

As the last 100 soldiers rush into the warmth of home this week, these people will still have empty places at the dining room table and cling to the mementoes of lives inexorably cut short.

And although the scale of casualties from Afghanistan pales in comparison to the unmitigated slaughter of the First and Second World Wars, they say the grief and sense of loss is no less sharp.

There were 158 Canadian soldiers, one diplomat, one journalist and two civilian contractors who died over the dozen years Canada's military spent in both Kandahar and Kabul.

"While I support human rights all over the world, in many ways I don't understand why our Canadian Armed Forces would be there to stabilize Afghanistan," said Michael Hornburg of Calgary, who lost his son, 24-year-old Cpl. Nathan Hornburg.

"From what (Nathan) told us privately and said publicly, he wanted to go and provide a better way of life for women and girls," he said.

"He was always a very, very strong supporter in his life here in Calgary for the rights of women and girls, but I just don't know that was worth his life. You know? For a worthless ass piece of (the) Rigestan Desert." THE CANADIAN PRESS

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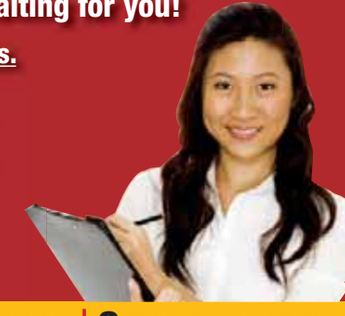

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# Crimea votes overwhelmingly to leave Ukraine, join Russia

**Over 95 per cent approve.** U.S., Europe condemn referendum as illegal, while Kyiv derides it as a 'circus'

Fireworks exploded and Russian flags fluttered above jubilant crowds Sunday after residents in Crimea decided to secede from Ukraine and become part of Russia. The U.S. and Europe condemned the ballot as illegal and destabilizing and were expected to slap sanctions against Russia for it.

Ukraine's new government in Kyiv called the referendum a "circus" directed at gunpoint by Moscow — referring to the Russian troops now in the strategic Black Sea peninsula after seizing it two weeks ago.

But after the polls closed, crowds of ethnic Russians in the Crimean capital of Simferopol erupted with chants, overjoyed at the prospect of once again becoming part of Russia.

The referendum offered voters the choice of seeking annexation or remaining in Ukraine with greater autonomy. After 50 per cent of the ballots were counted, Mikhail Malishev, head of the referendum committee, said more than 95 per cent of voters had approved splitting off and joining Russia.

Opponents of secession appeared to have stayed away Sunday, denouncing the vote as a cynical power play.

The Crimean parliament was to meet Monday to formally ask Moscow to be annexed and Crimean lawmakers will fly to Moscow later in the day for talks, Crimea's pro-Russia prime minister said on Twitter.

Ethnic Ukrainians interviewed said they refused to take part in the referendum, calling it an illegal charade stage-managed by Moscow. Some said they were scared of the potential for widespread harassment.

THE ASSOCIATED PRESS

Pro-Russian people celebrate in Lenin Square in Simferopol, Ukraine, Sunday, after residents in Crimea voted overwhelmingly to secede from Ukraine and join Russia. VADIM GHIRDA/THE ASSOCIATED PRESS

# Evidence shows plane's disappearance likely intentional

A woman leaves a message for missing Malaysia Airlines passengers at a shopping mall in Petaling Jaya, Malaysia, Sunday. LAI SENG SIN/THE ASSOCIATED PRESS

The final words from the missing Malaysian jetliner's cockpit gave no indication anything was wrong, even though one of the plane's communications systems had already been disabled, officials said Sunday, adding to suspicions that one or both of the pilots were involved in the disappearance.

Authorities also examined a flight simulator confiscated from the home of one of the pilots and dug through the background of all 239 people on board, as well as the ground crew that serviced the plane.

The Malaysia Airlines Boeing 777 took off from Kuala Lumpur in the wee hours of March 8, headed to Beijing. On Saturday, the Malaysian government announced findings that strongly suggested the plane was deliberately diverted and may have flown as far north as Central Asia or south into the reaches of the Indian Ocean.

Investigators have said someone on board the plane first disabled one of its communications systems — the Aircraft and Communications Addressing and Reporting System (ACARS) — about 40 minutes after takeoff. Around 14 minutes later, the transponder that identifies the plane to commercial radar systems was also shut down. The fact that both systems went dark separately offered strong evidence the disappearance was deliberate.

On Sunday, Malaysian Defence Minister Hishammuddin Hussein told a news conference that the final, reassuring words from the cockpit — "All right, good night" — were spoken to air traffic controllers after the ACARS system was shut off. Whoever spoke did not mention any trouble on board.

THE ASSOCIATED PRESS

### 'Highly complex' search

**The search area now includes 11 countries the plane might have flown over, Hishammuddin said, adding that the number of countries involved in the operation had increased from 14 to 25.**

- "The search was already a highly complex, multinational effort," he said. "It has now become even more difficult."

Harlem

## Congregation mourns members' deaths in blast

As workers tried to clear away the last of the rubble that once was two New York City apartment buildings, a pair of congregations gathered to mourn Sunday — one for its lost church and one for two members who lost their lives in the massive explosion.

At Bethel Gospel Assembly, tears mixed with the sounds of gospel music as the church remembered Griselde Camacho and Carmen Tanco, two of the eight people killed in the massive East Harlem explosion that levelled a pair of five-storey buildings on Wednesday.

THE ASSOCIATED PRESS

N.Y. Mayor Bill de Blasio, left, and Al Sharpton at Bethel Gospel Assembly Sunday. THE ASSOCIATED PRESS

Jeffrey Sinclair

## U.S. general to avoid sex-assault charges with plea

Defence attorneys say an U.S. Army general has agreed to a plea deal that includes the dropping of sexual-assault charges against him.

A news release Sunday from lawyers representing Brig. Gen. Jeffrey Sinclair says that he will plead to lesser charges in exchange for having the sexual-assault charges dropped along with two others that might have required Sinclair to register as a sex offender.

The release says a high-ranking general overseeing the case has approved and signed the agreement.

THE ASSOCIATED PRESS

Sweden

## Thousands rally against fascism

Thousands have protested fascism in Sweden, calling for dialogue and tolerance.

The demonstration happened in Malmo where, a week earlier, four people were injured in a fight at a feminist demonstration.

THE ASSOCIATED PRESS

## Nigeria. Muslims attack Christian settlers; more than 100 people killed

Officials say Fulani Muslim herders attacked three Christian villages and killed more than 100 civilians. Hundreds of thatched-roof huts were set ablaze.

Thousands have been killed in recent years in competition for land and water between mainly Muslim Fulani herdsmen and Christian farmers across Nigeria's Middle Belt. More than 100 people were killed in similar attacks in neighbouring Katsina state last week.

Chenshyi village chief Nuhu Moses said Sunday that gunmen killed more than 50 people including the pastor's wife and children.

He said the entire village was destroyed.

Local government acting chairman Daniel Anyip said about 100 people were killed in attacks on three villages Friday night. The Southern Kaduna Indigenes Progressive Forum blamed the government for failing to take action. THE ASSOCIATED PRESS

Moonshine from China?

### Russian villagers die after drinking bad booze

Investigators in Russia say at least 14 people in a village in the Far East have died of apparent methanol poisoning after drinking counterfeit liquor.

Officials in Krasnokamensk region said Sunday they believe the alcohol may have been imported from China, around an hour's drive from the village. Investigators say a 49-year-old resident of the village has been detained, suspected of selling the liquor. THE ASSOCIATED PRESS

# Egypt's crackdown brings most arrests in 20 years

Ousted Egyptian President Mohammed Morsi, centre, arrives for a trial hearing in Cairo in November 2013. EGYPT'S INTERIOR MINISTRY/THE ASSOCIATED PRESS

**Systematic beatings.** Flood of arrests has swamped prisons and courts; prisoners are held for months without charge

Egypt's crackdown on Islamists has jailed 16,000 people over the past eight months in the country's biggest round-up in nearly two decades, according to previously unreleased figures from security officials. Rights activists say reports of abuses in prisons are mounting, with prisoners describing systematic beatings and miserable conditions for dozens packed into tiny cells.

The Egyptian government has not released official numbers for those arrested in the sweeps since the military ousted Islamist President Mohammed Morsi in July. But four senior officials — two from the Interior Ministry and two from the military — gave a count of 16,000, including about 3,000 top- or mid-level members of Morsi's Muslim Brotherhood.

The count, which is consistent with recent estimates by human rights groups, was based on a tally kept by the Interior Ministry. It includes hundreds of women and minors. THE ASSOCIATED PRESS

Election 'farce'

**Former Egyptian presidential candidate close to the country's youth movements, Khaled Ali, said Sunday he would not take part in upcoming presidential elections, calling them a "farce" stacked in favour of Egypt's powerful military chief, Field Marshal Abdel-Fattah el-Sissi.**

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## Syria. Assad forces seize key rebel town near the Lebanese border

Syrian troops backed by Hezbollah fighters seized a key rebel supply town on the Lebanese border on Sunday, driving them from the area and scoring a major blow against them in the three-year-old conflict.

The fall of Yabroud immediately emboldened government forces to attack nearby rebel-held towns, pressing forward in what has been nearly a year-long advance against rebels fighting to overthrow President Bashar Assad.

Support from the Iranian-backed, Shiite Hezbollah appears to have tipped the balance in the border area, even as it has partly prompted the conflict to bleed into Lebanon where it has ignited polarizing sectarian tensions between Sunnis and Shiites.

Damaged buildings in Yabroud, Syria, Sunday. THE ASSOCIATED PRESS

In Lebanon, 13 people have been killed in Syria-related violence in recent days: 12 in gunbattles and one in a rocket attack.

THE ASSOCIATED PRESS

## Tibet-China. Monk sets himself on fire in ethnic Tibetan area of China

A monk set himself on fire Sunday in an ethnic Tibetan area of northwest China, the country's official news agency reported.

In a brief report citing local authorities, Xinhua News Agency said the monk was from the Shaderi Monastery in Huangnan Tibetan autonomous prefecture in Qinghai province.

The report said police were rushing to the site and gave no further details.

A man at the Zekog county public security bureau confirmed the immolation and said it took place outside the monastery.

He said he had no other information and refused to be identified.

Calls to the county government went unanswered.

Qinghai neighbours Tibet. More than 100 people have self-immolated in Tibetan areas since 2009 to protest Chinese restrictions on Buddhism and denigration of the Tibetans' spiritual leader, the Dalai Lama, who lives in a Buddhist area of India.

The government has blamed the self-immolations on hostile foreign forces.

THE ASSOCIATED PRESS

### Commemorating Latvian soldiers who fought in Nazi units

Former Latvian environment minister Einars Cilinskis, centre, takes part in a march Sunday in Latvia to the Freedom Monument to commemorate Latvian Second World War veterans who fought in Waffen SS divisions. Cilinskis was formally fired on Friday for rejecting government orders not to participate in annual commemorations of Latvian soldiers who fought in Nazi units. OKSANA DZADAN/THE ASSOCIATED PRESS

# North Korea fires off protest rockets

**Tensions continue.** Pyongyang fired the rockets Sunday apparently to protest U.S.-South Korean military drills

North Korea fired 18 short-range rockets into the sea off its east coast Sunday, South Korean officials said, in an apparent continuation of protests against ongoing U.S.-South Korean military drills.

Such short-range rocket tests are usually considered routine, as opposed to North Korean long-range rocket or nuclear tests, which are internationally condemned as provocations. North Korea has conducted a string of similar short-range launches in recent weeks that have coincided with the annual military drills by allies Washington and Seoul.

North Korea says the drills are preparation for an invasion.

The allies say the exercises are routine and defensive in nature.

THE ASSOCIATED PRESS

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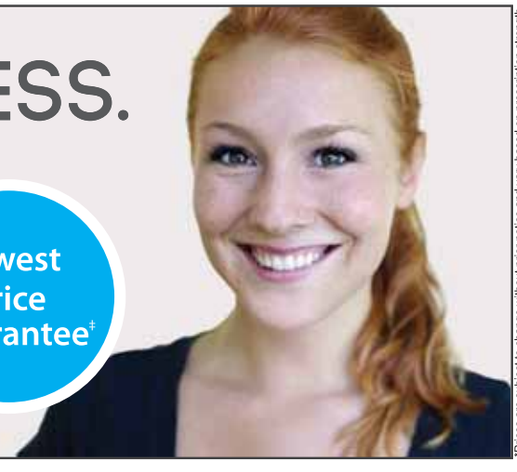
*Prices are subject to change without prior notice and vary based on prescription strength. Offer applies on a procedure for both eyes. Other conditions may apply. ‡Conditions apply, see lasikmd.com/lpg.

## Sap-rilege: Cold may mean less nectar of the gods this season

Paul Boulanger tosses wood in to fire up the sap evaporator at the Turtle Lane Maple sugar house in North Andover, Mass., last week. Maple syrup season is finally underway in Massachusetts after getting off to a slow start because of unusually cold weather. The season starts at the end of February in a typical year. But despite being well into March, temperatures have been too low for the sap to drip out. Many farms have yet to start tapping their trees, said Winton Pitcoff, co-ordinator for the Massachusetts Maple Production Association. But it's too soon to say whether the late start will affect the overall maple season, which ends in April, Pitcoff said. "There have been many seasons where it didn't start until late into March." But drastically fluctuating weather would be bad news, he added. A gradual warm-up is best for maple sugar production.

ELISE AMENDOLA/THE ASSOCIATED PRESS

# Put a fork in bitcoin

HOW TO ROLL
Alison Griffiths
metronews.ca

Is the bitcoin revolution just one more doomed universal currency idea? Judging by the recent spate of thefts, frauds and swindles connected to Bitcoin exchanges, the answer seems to be yes.

If you got in at $30 US three years ago and hung on past the 2013 $1,250 US peak to today's price at around $650 US, you've still done nicely. Hint! Selling now might be a really, really good move.

Because transactions among private parties, merchants, as well as with bitcoin exchanges are unregulated, the statistics about "investment" in and spending of this cybercurrency is anyone's guess.

However economic behavior study tells us that regular investors jump on hot trends too late and jump off long after the big boys and girls have pocketed their profits.

So, for all those who bought into bitcoins late, is there still hope? There might be. Just last week two major players, Perseus Telecom and Atlas ATS teamed up in an attempt to bring some sanity and regulation to the cybercurrency world.

Perseus connects stock markets and other security exchanges with big institutional investors' trading platforms. Year-old Atlas operates a digital currency exchange providing "two-factor authentication, cold storage of crypto currency, multi-tiered multi-firewall architecture." Cold storage for currency? Okay, moving on.

Both firms promise to bring security, regulation and liquidity to the Bitcoin world. Right now digital currency is housed in the world of cloud computing, making it highly vulnerable to hackers. And with every theft or hint of scandal, bitcoin prices take a wild ride, making it almost useless for spending and leaving it in the realm of speculators.

The Perseus/Atlas partnership isn't exactly like General Mills and Johnson & Johnson combining to offer a cure for the common cold. In fact, the new exchange system is only for high-frequency traders and financial institutions. Does this sound like you?

Still, average folk who have taken a flier on bitcoins could benefit down the road, if trading becomes more secure. But even if it does, this digital currency is, in the words of Marketwatch's Personal Finance Daily, "as stable as Justin Bieber's trip through puberty."

**It's done?**

**The cybercurrency graveyard:**

- **OS-Gold, Standard Reserve, INYGold, e-gold, 1mdc, e-Bullion (digital gold currencies).** 1996-2004 (all were fraudulent)
- **DigiCash.** 1990-1998
- **CyberCash.** 1994-2001
- **Beenz.** 1998-2001
- **Flooz.** 1999-2001
- **Internetcash.com.** 1999-2001
- **QQ coins.** 2000-2002
- **Linden Dollars.** 2008
- **Bitcoins.** 2009 - ????

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# SKYSCRAPER SUBURBS OF TOMORROW

URBAN COMPASS

**Paul Sullivan**
vancouver@metronews.ca

I was walking down Robson Street the other day when I came across an instant revelation of stunning clarity.

Or was that a stunning instant of revealing … nevermind.

In a shop window, there were two Vancouver skyline panorama photos arranged side-by-side. The first was from 1973, the second from 2013.

A picture is worth 1,000 words. Two pictures? 1,000 times 1,000.

The 1973 Vancouver looked like a pokey mid-sized Canadian city — a couple of tall buildings here and there, the rest a hodgepodge of this and that.

The 2013 photo looks like some shining futuristic place that the occupants of the 1973 photo could never imagine.

That, for better or worse, is where we live today. And you have to wonder: What will it be like in another 40 years?

Kind of like the Oakridge development, I suspect. On Friday, city council approved a plan to turn the Oakridge Mall, emblem of Vancouver's pokey, mid-sized past, into a supercharged instant Yaletown with 11 towers up to 44 storeys, supporting an array of mega-mall shops and gussied up with amenities, including a rooftop park that resembles the Hanging Gardens of Babylon.

The people who live in the suburban neighbourhood surrounding Oakridge are still in shock. With any luck, they'll get over it by the time it's finished in 2025, walking their dogs around the fake lake and the rooftop park, forgetting what they were so worried about in the first place.

It's a story that's being told in concrete and glass throughout the Lower Mainland. The redevelopment of Station Square in Burnaby, for example, features five towers, including one up to 57 storeys, making it the third-tallest building in B.C. Surrey's 3 Civic Plaza, up to 54 storeys, is also set to soar.

There's nothing random in the planning of these urban incursions — they're designed to be within walking distance of rapid transit, but clearly the days of white picket fences and private lawns are done. Unless you can afford to buy a mouldy Vancouver special and replace it with your own private palazzo on a 50-foot lot, but that's another story.

**Look up**

**I think everyone realizes that Oakridge is the end of one era, and the beginning of another.**

I think everyone realizes that Oakridge is the end of one era, and the beginning of another. And they know what they're giving up, but do they really know what they're getting? If you had seen the 2013 version of Vancouver back in 1973, you'd be forgiven for dismissing it as mere science fiction.

As unlikely as it seems, I hope I'm still around to walk past that shop window in 2053. And while the Skyscraper Suburbs may be the shape of things to come, I really have no idea what I'll see there.

All things considered, I'd rather go forward.

## ZOOM

# The Great Wall of Patagonia

FRANK THIEL/SEAN KELLY GALLERY

### Towering glacier in all its majesty

The monumental beauty of Patagonia's grandest glacier is portrayed in a series of photos by German artist Frank Thiel. Shooting from boats in choppy waters, Thiel has captured both the majesty and fragility of the Perito Moreno Glacier in southern Argentina. His work is now on display at the Sean Kelly Gallery in New York.

METRO WORLD NEWS

Q&A

## *'Magical and fragile'*

**FRANK THIEL**
Photographer, 47, based in Berlin

**What does your powerful photograph tell us?**
It says that nature is the greatest artist alive. With my photo I want to show the glaciers' physical forms and their endless variations of blues, whites and greys in unknown detail. The picture celebrates a beauty that's both magical and fragile.... Seeing a glacier calving into the water is beautiful. But it is a very contradictory kind of beauty that one cannot purely enjoy it because you know that the glacier is kind of dying.

**This place looks surreal ...**
But it is very real — ice up to tens of thousands of years old. But what is unnerving is knowing that it's not part of our collective treasure trove of human experience and is older than any living creature on our planet.

**What was it like to work in such an environment?**
Reliable weather forecasts do not exist out there so you're in the middle of nature. The Andes creates extremely unpredictable micro-climates. And the glaciers almost function like gigantic wind tunnels as the air above the ice is colder and faster than elsewhere.

ANTHONY JOHNSTON/MWN

**Clickbait**

**ANDREW FIFIELD**
andrew.fifield@metronews.ca

**A lot of our favourite podcasts are still going strong in 2014, including one that has returned from an unwelcome (to us, anyway) break. Subscribe to these shows in iTunes for a steady supply of laughs and wisdom.**

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### Adjust Your Tracking:
**An excellent ongoing discussion about film and TV, including trends, new releases and interviews with guests who love the stuff as much as the hosts do.**

THE ASSOCIATED PRESS

**Twitter**

**@metropicks asked: What do you think of dress codes in the workplace? Good or bad idea and why?**

**@alicyaperreault:** If u are working for me u are representing my company & I would expect your attire to reflect professionalism. No yoga pants!

**@starrydays17:** what is more important, how I look, or what I accomplish? Dress codes emphasize the former.

**@Craig_F:** I think they're a great idea saves me so much time in figuring out it's a company not worth doing business with

**@sadie_simo:** Necessary to look professional. Even if you're miserable; dress for the job you want, not the job you have!

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**Ebooks**

## Captain America: The Winter Soldier

**By.** Ed Brubaker/ Marvel Unlimited

**iPad/iPhone/Android**

**MIND THE APP**
Kris Abel
@RealKrisAbel
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A new concept for digital comics, adaptive audio is a music soundtrack that changes tempo to match your speed in turning pages. Added sound effects are triggered by panels and the result is that scenes with text build in anticipation while fights move with intensity. It's your narrative, so your imagination remains in control.

**Game of Thrones**

## Creators say they can predict the (unwritten) future

Game of Thrones creators David Benioff and Dan Weiss say they've consulted with George R. R. Martin — author of the series of novels on which the show is based — and have a pretty good idea of how the story will end, even though the final two books haven't been written yet. They're now convinced the TV series will only run for three or four more seasons.

THE CANADIAN PRESS

# Rick Ross talks staying on top ... and staying alive

**Mastermind.** As his new album rules the charts, the rapper reveals how a 2013 drive-by shooting changed his take on life

Rick Ross' Mastermind LP shot to No.1 on the Billboard 200 after being released March 3. THE ASSOCIATED PRESS FILE

Rick Ross still gets excited by No. 1 albums, but as he celebrates his fifth he takes satisfaction in different ways.

Ross marked the ascendance of Mastermind on Saturday night during South by Southwest, drawing one of the week's larger crowds in Austin during the annual music conference and festival.

"You know what, when this is what you centre everything around, you just want the best, not only for yourself, but for your team, everybody you build with," Ross said.

"I not only want a No. 1 for me but for all the new-time dudes who've never been on a No. 1 album."

It's been quite the run for Ross. Five of his six major-label albums started out atop the Billboard 200, moving him into rare company. The magazine says among rappers only Jay Z (13), Eminem (seven), Nas and Kanye West (six apiece) have had more and he's now tied with Tupac Shakur and DMX.

Ross attributes the run to remembering where he got his start.

"Regardless of the success I see, I still go back to my foundation … that made me," he said as he stood shirtless in his dressing room tent following a performance at Fader Fort.

"Yesterday, after being out on promo for two months, I took a day out of my schedule to go to the smaller markets in South Carolina, the Columbias, you know the (places) that don't get attention. But those are the places where I remember making my first $5,000 shows from, so I still go to those places."

**Quoted**

**"Rule No. 1 in the handbook I studied is never let the game kill you."**

**Rick Ross**
on facing violence in his life

The 38-year-old Miami rapper played new material for fans and showed his mind's been on mortality since he survived a January 2013 drive-by shooting in Fort Lauderdale. He told the crowd it was important to remember the rappers who have died too early like Shakur, The Notorious B.I.G. and Pimp C before launching into Nobody, a song with the chilling French Montana vocal hook "you're nobody till somebody kills you."

The song is paired back to back on Mastermind with Shots Fired, a series of news clips recounting the attack.

"You know it's unfortunate, it's nothing to glorify," Ross said. "Where I come from in my city — I come from Carol City in Miami — they've renamed it the Miami Gardens, you know, and they done dubbed it the Murder Gardens, and it's unfortunate. But those are conditions we were unfortunately seeing coming up. So me being in the position I am, that's what come with that. So Rule No. 1 in the handbook I studied is never let the game kill you."

Ross says the experience has caused him to look at life through a new filter. Not long after the near miss he put on Biggie Smalls' Ready to Die.

"I just listen to it in a different light," Ross said. "It's jacked up, but that's what come with this.… You're never indestructible, but what you do is if you have certain feelings you want to express, you express your feelings. I'll continue to do that till the day I die."

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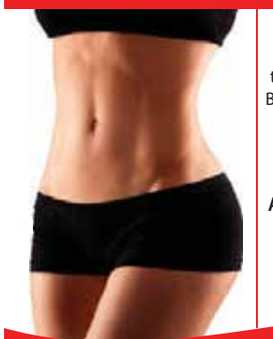

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Johnny Depp and Amber Heard

# Looks like it's official for Johnny and Amber

Former Rum Diary co-stars Johnny Depp and Amber Heard are set to tie the knot, and they made their intentions clear Friday night with a big engagement party for friends and family in downtown Los Angeles, according to Radar Online.

Among the 100 guests were Mandy Moore, Jerry Bruckheimer, Marilyn Manson, and Aerosmith front man Steven Tyler, as well as Depp's 11-year-old son, Jack, and mother, Betty Sue. Depp and Heard are expected to marry sometime this summer, sources say.

Angelina Jolie

# Angelina Jolie plans on second surgery to prevent cancer

A year after she underwent a double mastectomy as a preventative measure against breast cancer, Angelina Jolie is set to go under the knife again, she reveals to Entertainment Weekly.

"There's still another surgery to have, which I haven't yet," she says. "I was very fortunate to have great doctors and very, very fortunate to have a good recovery and have a project like Unbroken" — her second film as a director — "to be really focused on, to be getting healthy for, and to be able to just get right back to work."

Jolie is still at risk for ovarian cancer, which claimed the life of her mother.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

## *The artist formerly known as Ke$ha?*

STARGAZING
Malene Arpe
scene@metronews.ca

**After leaving rehab, Ke$ha changes her Twitter name to Kesha.** "Waste not, want not," says Kim Karda$hian.

**Prince William and Kate are facing criticism over leaving their infant son at home and flying away on vacation.** Not complaining: Everyone else on the plane.

**Benedict Cumberbatch says that he is "so ready to play a really dumb character."** "You stay away from my work, you Brit you," says Adam Sandler.

**Miley Cyrus missed a costume change during a concert and had to return to the stage in her underwear.** "It was surprising and something we all noticed," said no one in the audience.

**Diogo Morgado, who plays Jesus in the movie Son of God, will reportedly next play the devil on the TV show The Messengers.** And then, when he's done with all the major roles in Christianity he has his sight set on young, muscular Buddha.

**Justin Bieber and Selena Gomez are back together after Justin reportedly sent Selena $10,000 worth of flowers.** However, insiders also say that she was very impressed with how hot and masculine he was when he viciously bullied a court reporter at his recent deposition.

**A friend sneaks vodka into Katy Perry's kale juice.** That sounds like the best idea since not drinking kale juice.

Tyler, the Creator
ALL PHOTOS GETTY IMAGES

# Rapper pushes fans to be pushy, Texas police push back

Call him Tyler, the Creator of safety hazards? The Odd Future rapper had a busy weekend, playing a sold-out show in Dallas just hours after being released from jail in connection with a misdemeanour charge of inciting a riot.

He was arrested at Austin-Bergstrom Airport on Saturday and released later that day after securing a $25,000 US bond. Police say the 23-year-old Los Angeles resident incited a large crowd of fans to push their way past venue employees controlling access to an unofficial South by Southwest day party that was already at full capacity. Officers who were at the scene said in a warrant that Tyler yelled for fans to push their way inside twice, and that a bartender had to protect a woman from injury in the resulting push.

THE ASSOCIATED PRESS

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# 9 nifty ways to save, plus a tip

**Finding the money.** Ideas from banking a raise to stashing your coins can grow your savings fast

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Latte go of a bad habit: Give up one caffeine hit a day and tuck the three bucks into your Good Habit jar instead. ISTOCK

People often tell me they can't find the money to save. Really? Not even $1 a week? I don't believe you. I think if you put your mind to it, if you really, really want to save, you can. Here are some tips:

**1. Get started**

I don't care if you use an envelope, a coffee can or an old jam jar. Pick an amount and stick it in your container every single week. Whether it's two dollars or ten, the trick is to do it religiously, never count it and don't spend it. EVER. Under no circumstances. You may have to hide it from everyone else so they aren't tempted to dip into your stash of cash.

**2. Live on your pre-raise income**

If you get a cost-of-living increase or a performance raise, pretend you didn't and save the extra money you're bringing home each pay.

**3. Implement a fast-food tax**

Like to hit the fast-food outlets or drive-through windows? Keep a container in your car and every time you pick up a coffee, grab a burger or hoe through a muffin, drop a buck in your bag. If you can find the money for the coffee, you can find the money to save too.

**4. Reallocate**

Just paid off a big bill like your car payment or credit card balance? Assuming you're out of the hole, add half the bill amount back into your budget and save the other half. You're already used to living without that money, so save some.

**5. Put away your "savings"**

This is one of the things that drives me crazy! People tell me how much they saved on sales, using coupons, or just by being a smart shopper. When I say, "So where are those savings?" they look at me with a dazed expression. Then they laugh and shake their heads. Hey, it's nothing to laugh about. If you just saved $6 at the grocery store by being a savvy shopper, take that $6 and stick it in your savings container at home. If you don't, you'll just spend it somewhere else and then you won't have saved anything.

**6. Reward yourself**

If you have the discipline to use a credit card and then pay off your balance every month, use a card that gives you cash back or a useful reward. Some credit cards earn grocery money. Some give you points you can use to cash in for rewards. Some give you cash back. Put those benefits to use to grow your savings.

**7. Stash your coins**

I know lots of people who use a change jar to save for a holiday. I don't consider this savings. Since you're going to spend the money, it's actually "planned spending." But if it's money you're not going to carry as a balance on your credit card, I'm all for it. If you don't have an emergency fund, saving your coins is a great way to get one started. And if you super-charge your change jar by dropping in a fiver at the end of every week, you won't believe how fast that money grows.

**8. Swap a bad habit for a good one**

Love candy? Can't walk by the coffee shop without dropping $3 for a caffeine boost? Smoke, drink pop or booze, or chew gum? Start giving up your bad habit slowly, and reward yourself with a good one as you do. Go from smoking 20 cigs a day to 15, and drop the 20¢ you didn't send up in smoke into your Good Habit jar. Walk past the coffee shop just once and you can add another $3 to your Good Habit jar.

**9. Cut your communications bill**

Here is one area where people routinely overspend: telephone, cell phone, cable, Internet. Cut your bill by $10 a month and now you have enough to start a savings plan. Cut it by $30 and you're three times smarter.

**Tip:** Saving is only saving if you take the money and stash it away for the future. So the next time you save money by cutting your spending, using a coupon or negotiating a deal, take your savings and actually save it by putting it in a TFSA, RRSP, RESP or high interest savings account. If you can't see it, you didn't really save it.

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Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

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## New homeowners: here's what to claim, but don't forget to repay RRSP amounts

**Q** I just bought my first home. What can I claim?

**A** I hope you are enjoying your new place. You should be able to claim the First Time Homebuyers Credit, which means about $750 in tax savings. There is no particular slip but you must be able to prove to the CRA that you bought a house in 2013. This could be the bill from your lawyer or closing papers. Unlike our U.S. neighbours who can claim mortgage interest, the tax benefits for Canadian homeowners comes when you sell. Any profit you make on the sale of your home is tax free. But you have to wait for the payoff. There is no annual benefit you can claim.

**Q** I borrowed money from my RRSP to buy my first home, but I forgot to make the first re-payment. Can I just double up my payment this year?

**A** Congrats on your new place. Under the Home Buyers Plan, you start making re-payments in the second year after you borrow the funds. Unfortunately, you can't miss payments. If you didn't deposit money back into your RRSP to cover the repayment last year, the CRA considers the amount income and it is added to your tax return. Check your Notice of Assessment for your re-payment amount and make sure you don't miss it this year.

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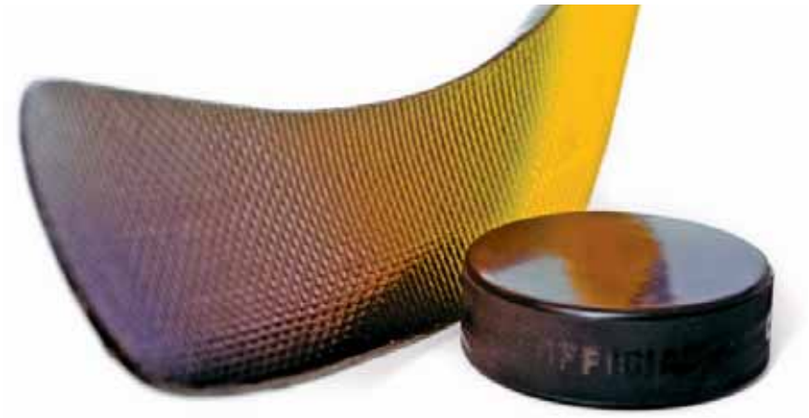
**Money 101.** Two couples, one year to make them richer

# Sporting healthy financial gains

Wondering what it's going to take to make you wealthier? A combination of debt reduction, asset growth, frugal living and dedication to a savvy financial plan will do the trick. So far, this recipe has produced stellar results for the two couples I am offering financial advice to this year. Since January, Anne-Marie and Peter have improved their net worth by $4,000, while Carolina and Jose have improved theirs by $1,200. – Lesley-Anne Scorgie/For Metro



Small rewards for saving may include buying a new hockey stick. MIKE FLIPPO/SHUTTERSTOCK

Allocate money for small indulgences from time to time. WAVEBREAKMEDIA/SHUTTERSTOCK

## Anne-Marie and Peter

LESLEY-ANNE SCORGIE
For Metro

**Anne-Marie and Peter recap**

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: Expecting their first child in June 2014
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Open tax-free savings account, make an extra RRSP contribution before March 3, and meet with a professional tax adviser

Anne-Marie and Peter rocked their homework assignments this month. After meeting with a tax adviser, the couple made additional RRSP contributions of $500 each before the March 3 RRSP deadline, which counts toward their 2013 taxes.

That RRSP money came from the debt repayment portion of their monthly budget. So, to get back on track with their debt repayment schedule, Anne-Marie and Peter will use a portion of their expected tax refund to pay off debt.

Saving for an emergency has also become top of mind for Anne-Marie and Peter. Though no one likes to think of a disaster, it's financially prudent to do so, especially when children are involved.

The couple plans to start building their emergency fund through regular monthly contributions to their tax-free savings account (TFSA). This translates into scaling down their debt repayment plan; rather than $1,000 each month, they will pay $800 on debt and put $200 into their TFSA.

As part of their homework, Anne-Marie and Peter will come up with a plan for their expected tax return, with debt repayment being their highest priority, followed by building their emergency fund, and saving a portion for small rewards for themselves (a hockey stick for Peter and a dinner out with her gal pals for Anne-Marie).

When I meet with Anne-Marie and Peter in Toronto this week, I will be examining Anne-Marie's pension statements, their RRSP investments, and offering guidance about what questions to ask their investment adviser to ensure they are invested in the right assets.

We will also be reviewing three ways that Anne-Marie and Peter could save for a down payment for a home.

The first way is not to save at all and instead ask for a gift or loan from a family member. Second is to use the RRSP Home Buyers' Plan (where you borrow money from your RRSP). Third is to save the old-fashioned way through automatic monthly contributions to a low-risk savings vehicle like a money market mutual fund, high-interest savings account or GIC.

Anne-Marie and Peter's net worth is currently $70,000.

### Homework

Anne-Marie and Peter will begin building an emergency fund through a TFSA, and develop a plan for their expected refund.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

## Carolina and Jose

**Carolina and Jose recap**

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: $55,000
- Life stage: Three daughters aged five, two and eight months
- Financial savvy: Medium to low — they recently established a budget, are frugal spenders, have no retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, buy a house and visit family
- Homework from last month: Pay off Jose's student loan. Start saving through an RRSP and TFSA. Deal with "mommy guilt." Meet with a tax adviser

It has been an incredible month for Carolina and Jose, both financially and emotionally.

The couple stuck to their homework and main goal of paying off the remaining $500 of Jose's student loan. They did this by selling some of their furniture and electronics online. Carolina and Jose found it liberating to pay off the loan, and it further motivated them to become debt-free as quickly as possible.

You will recall that Carolina and Jose established their first budget one month ago and, so far, they have been successful in sticking to it. They are filing receipts in an accordion folder, reconciling those against their budget, and including a "where's our budget at" conversation in their weekly chores.

Emotionally, Carolina has found it much easier to shed her "mommy guilt," knowing that money has been allocated in their budget for her to use towards some small indulgences from time to time. She has even enrolled in a free weekly yoga class.

Jose is exploring higher paying job opportunities, and is also turning his photography hobby into extra income. The couple also sat down with a professional financial adviser to ensure they are taking advantage of all available tax benefits.

Even more exciting is they rustled up the courage to ask Jose's parents to give them a down payment so they can buy their first home. His parents said yes, and it appears Carolina and Jose's dream is becoming reality.

Over the next two months, Carolina and Jose will be meeting with Mike, my mortgage broker. He will lead them through the pre-approval process and the nitty-gritty financial details of owning a home.

Luckily, Carolina and Jose will be benefiting from historically low interest rates, meaning more of their mortgage payment will go towards the principal balance of the mortgage rather than the interest.

They will also be working with my trusted realtor and longtime friend, Carmelle. She will help Jose and Carolina figure out what kind of home, and what neighbourhood, they will be able to afford.

Carolina and Jose's net worth is currently -$31,300.

### Homework

Carolina and Jose will develop a plan for their expected tax refund and also determine the value of home they can afford and begin shopping.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF RICH BY THIRTY, AND RICH BY FORTY. HER NEWEST BOOK, WELL-HEELED, HITS SHELVES IN APRIL.

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# Rolling up the sleeves of workplace attire

**Strictly business or not.** Self-expression gains ground but some traditions still rule

DAVID SINGH
life@metronews.ca

Professional hockey players are known for arriving at arenas looking dapper in their suits. But during the recent Olympics, broadcaster Don Cherry noted that players on Team USA were showing up in track jackets and sweat pants.

Like it or not, that's just a small example proving that the times are changing when it comes to traditional dress codes. So we decided to take a closer look at the thinking that goes into employers' policies on workplace attire.

### The loose code

Sid Lee, a communications advertising agency in Toronto, takes pride in their "very casual" dress code. Whether it's jeans, plaid, baseball caps, or fresh sneakers, the company doesn't mind. Even tattoos are game.

"It's funny because it's actually odd in our business now not to see a few people brandishing tattoos openly," said Dustin Rideout, VP of strategy at Sid Lee. "I think it would be weird if we didn't see that."

Rideout says the company, which works closely with brands, looks at its employees as a cast of characters that make the company unique. And in their case, being unique is the goal.

"In our business, brands are always looking for ways to be unique or stand out, because there's just so much noise out there," he said. "Having people walk that talk, in their everyday life at Sid Lee, rather than something they just pay lip service to, is important in living that value."

But it's not like employees are just showing up in their pajamas. Rideout says there's an unspoken understanding that people need to dress to certain occasions or client situations, and the staff hired are "professional enough" to know the difference.

### The traditional code

The Bank of Montreal relies on a different dress code. Ralph Marranca, director of media relations at BMO, prefers to call it "guidelines" that apply across the company's enterprise.

He says this typically includes suits, dress slacks and dress shirts for men and pant suits, dresses, skirts, blouses, sweaters or jackets for women.

"We're a customer-focused organization," Marranca said. "The underlying principle is that we must maintain professional standards and present a professional image to our customers at all times."

He says employees are asked to use their common sense and apply the rule, "If you have to ask yourself if it's acceptable, then it probably isn't."

However, Marranca notes that BMO is open to its own kind of flexibility. In addition to casual Fridays, he uses the example of colourful bow ties instead of traditional neckties. Pocket squares are also increasingly common.

"We want to give employees some flexibility," he said. "Your clothing is sometimes an expression of yourself. How people dress expresses their personality. I think we are mindful of that."

But the bottom line Marranca stresses is that the company needs to maintain its guidelines simply because of its industry.

"I think we do have to be mindful that there are certain expectations from our customers, (who have) an expectation of what is professional," he said.

After all, you probably wouldn't want your finances handled by someone wearing a baseball cap. Or would you?

**We asked you!**

**@metropicks: What do you think of dress codes in the workplace? Good or bad idea and why?**

**@CoryHaller**
Bad Idea. Stifling your employees fashion sense throws all hopes of company culture out the window in favour of a company regime

**@JuleFlower**
good idea. Lululemon pants, flipflops, beer tshirts. A professional workplace is not the gym or beach

**@RealBritbird**
Teach children to dress appropriately by wearing school uniforms, as adults, no dress codes would be needed

**@award376**
great idea it promotes unity and consistency. And most of all eliminates the chance inappropriate attire.

**@@K_8E**
depends on the workplace and the work done there. At a bank- yes at a trucking company- no

**@jennifercw015**
dress code good, keeps certain things hidden and formal dress brings a higher feeling of respect or professionalism

Even tattoos are game in some offices with casual dress codes. ISTOCK

**Cramp someone's style**

**"I think either no one would show up or people would show up naked in protest."**

Dustin Rideout, on what would happen if his workplace introduced a strict dress code.

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'Round the world wisdom

# *Adversity? To go far and fast, go together*

**The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.**

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Racing cyclists save energy by riding close together. ISTOCK

When racing toward the finish line, are you faster alone or together? "To go fast, go alone. To go far, go together," says an old African proverb. My experience running the Gobi desert was that to go far and fast, I needed to go together.

As the six-day race progressed, my daily objectives became more ambitious and to achieve them, I concluded I wouldn't be able to do it alone; I needed the help of my competitors.

In the same way road cyclists save energy by riding close together, fluidly alternating who takes on the headwind at the front, I would seek out other runners each day to assemble a like-minded team with the sole purpose of working together to go faster. We crafted win-win agreements on the fly, helping each other push beyond what we could do on our own. One person took to the front, navigating and running as hard as possible for a pre-agreed time period, while another behind acted as a sentry to watch overall progress against the field — and as a Canada goose honking encouragement to the flock leader from behind. On queue the roles would switch, moving an always fresh runner to the front.

Back at work, the lesson encouraged me to change how we go about tackling our higher-stakes projects. Before, we always pursued a go-alone approach. Now, to increase our odds of success, we actively pursue coopetition, a cooperative competition with direct rivals, even if it involves sharing the victory.

**STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER**

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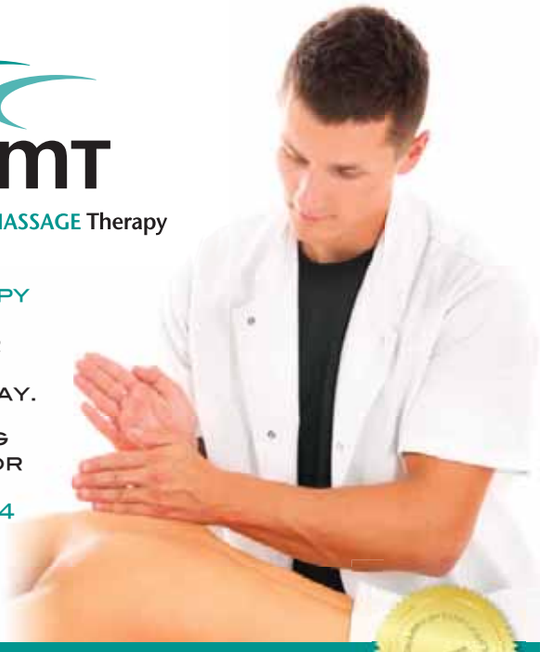

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# Raise a glass to the ladies of libation

**It's about wine.** Female vineyard workers show cutting edge skills as they make debut in Napa pruning contest

Maria Romero competes in the first-ever women's division of the annual Napa Valley Grapegrowers' pruning competition at Beringer Vineyards' Gamble Ranch in Yountville, Calif. ERIC RISBERG / THE ASSOCIATED PRESS

Every year for the last 12 years the vineyard workers of the Napa Valley have gathered in the soft light of a mid-winter morning, shears at the ready, game faces on, each eager to prove he's the best man on the job.

But this year, there was something a little different about the Napa Valley Grapegrowers' pruning competition. Some of the contestants lining up to hack and slash at the overgrown vines were women.

"There's been this perennial conversation about, 'Do we include women in the competition?' And the answer's always been, 'Not yet,'" explained Jennifer Putnam, executive director of the group. "This year we looked around the room and just thought, 'Yes, it's time.'"

And it was.

Not only did the newcomers to the event compete hard, posting excellent scores in technique and quality, organizers announced some hours after the event that the women's first-place winner, Celia Perez of V. Sattui Winery, had the highest scores for both men and women.

Talk about a dazzling debut.

The decision to open up the contest to women marks a change in what used to be the nearly exclusively man's world of vineyard work. There are a lot more women to be seen working in the fields, something that accelerated after the 2008 recession swallowed up other jobs.

Meanwhile, the idea of vineyard equality has become accepted as women have progressed, some becoming leaders of "A" crews, the much-sought after top harvest teams.

"The cultural shift has now taken place where we felt like the women would be comfortable enough coming to the competition," said Putnam.

Pruning is an important part of vine husbandry that focuses the new growth on vines and helps determine what the next harvest will look like.

Different techniques are used for different grapes and climates, and skill is as important as speed.

For the growers' contest, workers are first judged on technique, then winners are ranked by time and the finalists battle it out for first through fourth place.

On the line are cash, tools, clothing — and pride.

If there was any grumbling about the addition of a women's division, it wasn't showing as the contest kicked off at Beringer Vineyard's Gamble Ranch.

**Falling in vine**

**"This year we looked around the room and just thought, 'Yes, it's time.'"**

**Jennifer Putnam**
Executive director of Napa Valley Grapegrowers

Steel rasped on steel as competitors sharpened their shears and the murmur of voices dropped as they attacked the rows of spindly vines.

There was the snick of sharp, quick cuts made close to wires supporting the vines followed by the rustle and clang of the dry wood being dragged out.

Among the 56 workers in the men's division was Jesus Juarez, who works at Moulds Family Vineyard, and who placed first in the 2008 pruning contest. (He did well this year, too, finishing in fourth place.) He and his brother Roberto, also a vineyard worker, weren't fazed by seeing the 13 women show up to compete in the women's division.

"It's good for the women because they get that opportunity," said Roberto Juarez, who like all the contestants interviewed for this story spoke through an interpreter.

Also competing was Maria Fuentes, a vineyard veteran who has worked for Beckstoffer Vineyards since 1977.

"I'm very happy to be here," said Fuentes, smiling as she declared, "It's about time."

Fuentes thought men might have the edge on strength while women might be a little quicker at skills like suckering, which is when unwanted new shoots are taken off the vine later in the growing season. "I'm not saying that just because I'm a woman," she added, laughing.

The results bore Fuentes' observations out. Overall, women scored a little higher on technique/quality; men had the edge on speed, Putnam said.

"The really exciting thing we discovered when we got back to the office was that the first-place female winner would have beaten everyone in the competition — and not by just a little!" Putnam added in an email after the event.

At the time the prizes were awarded, Perez was asked the question of the day: Can women work as well as men in the vineyard?

"Yes," she said, nodding vigorously. She looked down at the prizes she was carrying and smiled. "And here's the proof!"

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# Smarten up with this bow-tie pasta and pesto

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**This recipe serves four.** MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

This is a wonderful and nutritious one-dish meal. You have your grains, vegetables and protein.

I recommend using whole wheat pasta to boost your fibre and nutrients. You can always substitute the pasta for penne or rigatoni. The red bell pepper pesto is a real change from regular basil pesto. You can multiply the recipe and freeze for later use.

This is a very versatile dish that can use other proteins such as beef, seafood or tofu. Toast the pine nuts by placing in a hot skillet over medium-high heat and cooking for two minutes or until lightly browned. You can make up a batch and freeze for later use.

**Ingredients**

- 8 oz boneless skinless chicken breast

**Pesto**
- 1 large red bell pepper, roasted, cut into quarters **
- 1 garlic clove
- 1/3 cup toasted pine nuts
- 1/3 cup chopped sundried tomatoes
- 1/2 cup fresh basil
- 1/4 cup fresh mint
- 1/3 cup grated Parmesan cheese
- 1/4 cup (60 mL) olive oil
- 1/4 cup (60 mL) low-sodium chicken stock
- Pinch of salt and pepper

**Pasta**
- 8 oz bow tie whole wheat pasta
- 1/2 cup chopped basil
- 1/2 cup sliced red bell peppers

Pine nuts have one of the highest amounts of protein of any nuts as well as a notable amount of fibre.

**Directions**

**1.** Grill or sauté the chicken breast just until cooked or temperature reaches 165 F, about 4 minutes per side. Let cool, then slice thinly.

**2.** To make the pesto: Place peppers, garlic, half pine nuts, sundried tomatoes, basil, mint, half Parmesan, oil, stock and salt and pepper in a food processor and purée until smooth. If too thick, add more stock.

**3.** Meanwhile cook the pasta just until al dente about 8 minutes.

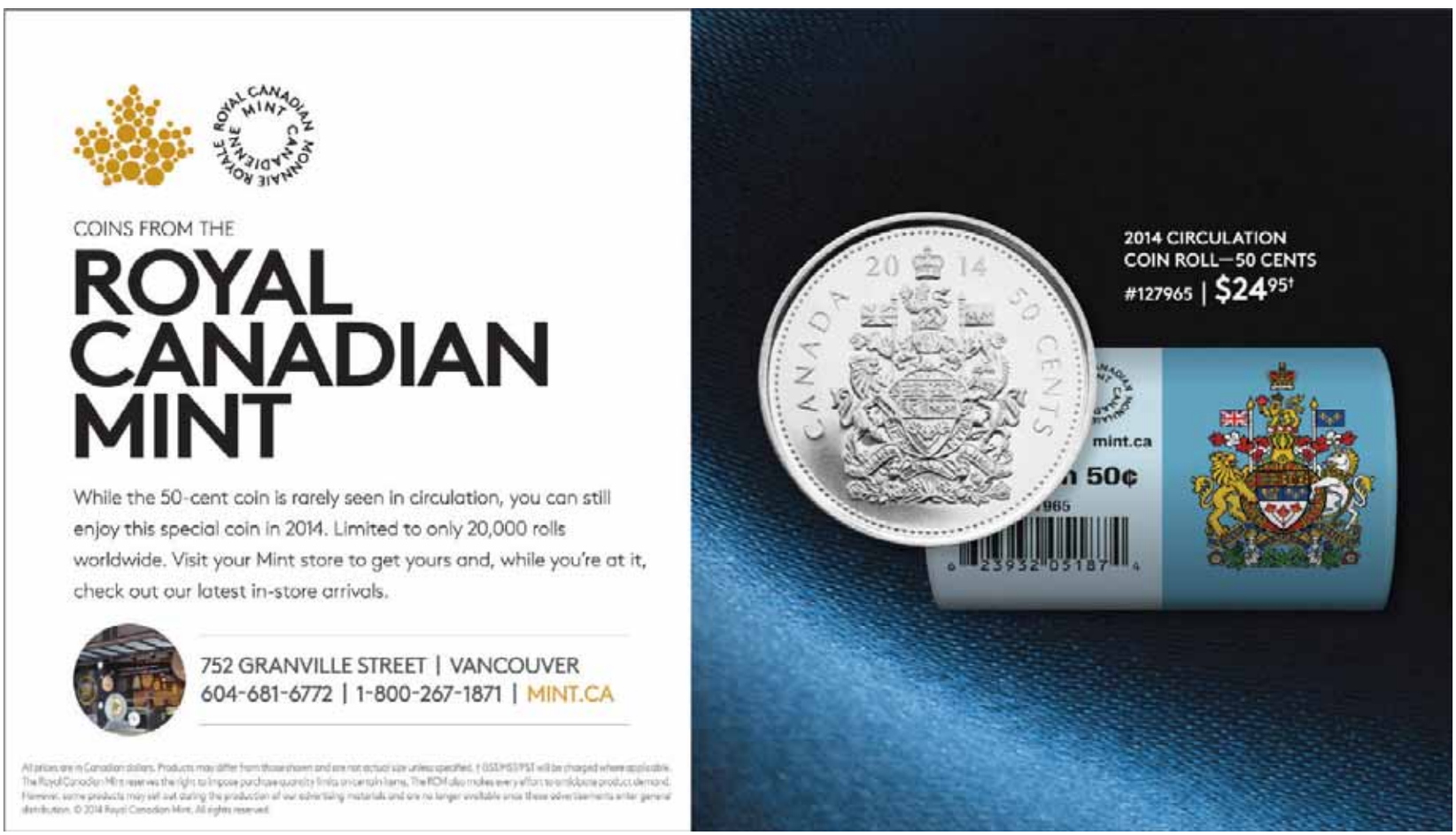
**Nutritional information**

- Calories 409
- Carbohydrates 47 g
- Fibre 5.8 g
- Protein 22.5 g
- Total fat 16.5 g
- Saturated fat 3.2 g
- Cholesterol 37 mg
- Sodium 414 mg

**4.** Add the chicken and pesto to the pasta and garnish with the remaining pine nuts and Parmesan cheese, basil and bell pepper.

** To roast a red pepper, cut into quarters, remove the seeds and bake at 425 F for about 20 minutes, turning halfway. Remove the skin and slice. You can also buy roasted bell peppers in the supermarket packed in water.

**THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**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Luongo's

## Lack comes out on top of 'weird' one vs. Luongo

For the first time since the blockbuster trade that sent star goalie Roberto Luongo to the Florida Panthers, the Vancouver Canucks played their former teammate.

In a netminder battle between Eddie Lack and Luongo, it was the Canucks that came away with a 4-3 shootout victory over the Panthers on Sunday.

"Once we were out there, it felt like a normal game, especially once you get the first few minutes under your belt," Luongo told reporters in Florida.

Luongo played eight seasons in Vancouver, and was an integral part of that 2011 team that came within a win of claiming the first Stanley Cup in franchise history.

He was sent to Florida the day before the NHL's March 5 trade deadline, a deal accelerated when Luongo was sat in favour of Lack at the Heritage Classic.

He made 29 saves against his old teammates in a losing cause. Dan Hamhuis, Nicklas Jensen and Alex Burrows all scored for Vancouver.

Jensen scored the winner in the shootout.

"It was kind of weird a little bit," Burrows told reporters with regards to facing Luongo.

"First play of the game I gave him a pitchfork and I told him I was going to be there all night. Before the game I got a chance to see him. He's a good friend, a good teammate for a long time and a big part of this team and this organization." CAM TUCKER/METRO

# Jensen provides glimmer of optimism

**NHL.** Vancouver's 2011 first-round pick has goals in back-to-back games after scoring shootout winner Sunday

CAM TUCKER
cam.tucker@metronews.ca

Their playoff hopes virtually dashed, the Vancouver Canucks can turn at least some attention toward their prospects.

Finally given the opportunity, Nicklas Jensen has put together a nice showcase over the past few games. And it could be a reference point when the coaching staff has to determine where he starts next season — in the big league or the minors.

Jensen, Vancouver's first-round pick in 2011, scored again Sunday against the Florida Panthers, giving him goals in back-to-back games after he notched the first of his NHL career on Friday.

He then tallied in the shootout to help give the Canucks a 4-3 victory over the Panthers and former teammate Roberto Luongo. The Canucks are three points back of the eighth-place Dallas Stars, however Dallas now has three games in hand on Vancouver.

His two regulation-time goals haven't been of the garbage variety, either. Instead, they were both the result of a big-league shot, and a player confident enough to pull the trigger with the puck on his stick.

Canucks forward Nicklas Jensen scores the game-winning shootout goal on Roberto Luongo on Sunday afternoon in Sunrise, Fla. JOEL AUERBACH/GETTY IMAGES

On Sunday

| Canucks | Panthers |
|---|---|
| 4 | 3 |

That's a welcom sight for the beleaguered fans of a team that has endured a monumental collapse since the start of January, in part because its biggest problem has been, well, lack of scoring. At least that's at the top of the list of reasons why this team has fallen out of the top eight teams in the West.

Jensen has played his best hockey — albeit in a small sample size — with two skilled forwards, in Alex Burrows and Henrik Sedin. That comes, of course, with a price, as Daniel Sedin is currently out of the lineup with a leg injury.

Dating back to last week's shootout win over Winnipeg, the trio has combined for nine points.

Jensen also hasn't been buried on the third or fourth line, where he wouldn't see the same amount of ice time — he's played 19 minutes or more in each of the last three games — and get sheltered from pivotal moments in a game.

The Canucks conclude their four-game road trip Monday against the Tampa Bay Lightning.

# Whitecaps drop points in draw vs. Chivas

Vancouver striker Kekuta Manneh tied Sunday's game in Carson, Calif., against Chivas USA in the 81st minute. RAINIER EHRHARDT/GETTY IMAGES FILE

The Whitecaps had the chance to take advantage of a depleted Chivas USA squad on Sunday, but in the end it was the Whitecaps battling to salvage a single point.

Kekuta Manneh, the speedy striker who came on as a substitute for Nigel Reo-Coker in the second half, scored on a cool, confident right-footed strike in the 81st minute to give the Whitecaps a 1-1 draw against Chivas, which played a man down for the vast majority of the match.

Chivas midfielder Agustin Pelletieri was given a red card in the 13th minute, reducing the host side to just 10 players for the duration of the game.

But it was the Whitecaps playing on their back foot. Erick Torres gave Chivas a 1-0 lead in the final minute of the first half, as his shot deflected off the backside of Whitecaps defender Jay DeMerit and past a helpless David Ousted.

For most of the match, the Whitecaps looked out of sync and frustrated, unable to gain from the earlier call on Pelletieri. This after the Vancouver side looked so dominant and electrifying the weekend before in a season-opening win over New York.

The Whitecaps managed only eight shot attempts on goal, compared to 15 for undermanned Chivas.

The Whitecaps are back on the road next weekend, as they play the New England Revolution on Saturday.

CAM TUCKER/METRO

Sochi 2014

## *Canada strikes its golden goal*

Canada succeeded in attaining its lofty goal at the Sochi Paralympic Winter Games.

Two podium-topping performances on Sunday's final day of competition ensured the Canadian Paralympic Committee's benchmark of finishing in the top three in gold medals was met.

It didn't look all that likely heading into the weekend.

Canada picked up golds from para-alpine skier Mac Marcoux and the wheelchair curling team on Saturday.

Canada finished with seven gold, two silver and seven bronze, good for fourth overall in total medal count.

Russia topped the standings with an eye-popping 80 medals —including 30 gold — while Ukraine was second with 25 total medals.

A series of high-profile retirements after a 2010 Vancouver Paralympics that saw Canada win 19 medals, including 10 gold, gutted the team's podium experience, but a mix of veterans and youth stepped up in a big way. THE CANADIAN PRESS

Canadian fans cheer our wheelchair curling team to a gold-medal victory on Saturday. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

Brian McKeever of Canada and guide Erik Carleton are awarded gold medals for their victory in Sochi, Russia, on Sunday. MARK KOLBE/GETTY IMAGES

# Symphony on skis in Sochi

**Paralympic Games.** McKeever, Klebl strike cross-country gold for Canada on final day

Brian McKeever and Chris Klebl made sure Canada finished the Sochi Paralympic Winter Games on a high note.

The cross-country skiers both won their races on Sunday, with McKeever taking the men's visually impaired 10-kilometre event before Klebl surprised the field with a stunning victory in the men's 10-kilometre sitting category.

McKeever picked up his third gold medal — and the 10th of his career — at these Games, while Klebl won his first-ever Paralympic medal.

McKeever finished Sunday's race in a time of 23 minutes 18.1 seconds, just 8.1 seconds ahead of Russia's Stanislav Chokhlaev.

He employed the same strategy with his guides that helped him win the 20-kilometre gold medal last week. With windy conditions starting to wear on guide Erik Carleton, Graham Nishikawa entered the race with about three kilometres to go to help seal the 10th gold medal of McKeever's storied career.

"It was all on the guides today. They did such a great job with all the headwind," said McKeever.

The 42-year-old Klebl won in a time of 30 minutes 52.0 seconds. Ukraine's Maksym Yarovyi finished second at 31:06.5 and Russia's Grigory Murygin skied to the bronze at 31:18.2.

"It feels pretty good for sure," said Klebl. "I have exceptional skis for wet, sloppy conditions and today we got exactly those conditions."

A three-time Paralympian, Klebl moved to Canmore, Alta., to join the Canadian team from the United States following the Vancouver 2010 Games.

Also Sunday, para-alpine sit-skier Josh Dueck was chosen as Canada's flag-bearer for the closing ceremony. The native of Kimberley, B.C., won gold in the super combined and silver in the downhill in Sochi. THE CANADIAN PRESS

MLB spring training

## Jays rally to win in extra inning

Jonathan Diaz beat a throw to the plate to complete a 10th-inning Toronto comeback as the Blue Jays rallied to defeat the Baltimore Orioles 4-3 in Grapefruit League play Sunday.

The win snapped a four-game spring losing streak for the Jays (7-10).

The Jays also trimmed down their spring roster, optioning pitchers Kyle Drabek, Chad Jenkins and Sean Nolin to triple-A Buffalo. THE CANADIAN PRESS

Tigers 2, Nationals 1

## Verlander looks ready to go

Justin Verlander was dominant over five innings and Washington's Jordan Zimmermann gave up his first run of the spring as the Tigers defeated a Nationals split squad 2-1 on Sunday.

Verlander, making his second spring start, allowed one hit, one walk and struck out four. He threw 49 pitches and then went to the bullpen to throw 16 more. THE ASSOCIATED PRESS

Champions League

## Liverpool disposes of United

Liverpool underlined its new-found superiority over Manchester United with a humbling 3-0 victory over its great rival on Sunday, virtually ending the beleaguered champions' chances of qualifying for the Champions League. Steven Gerrard converted two penalties and Luis Suarez also scored. THE ASSOCIATED PRESS

## NHL. Leafs fail to launch in D.C. campaign stop

Washington linemates Joel Ward and Jason Chimera often play in the shadow of their higher-profile teammates.

On Sunday afternoon, they sparked the Capitals to a much-needed victory.

On a day when Alex Ovechkin was held to one shot on goal, the Capitals' third line scored twice in a three-goal first period and the Capitals held on for a 4-2 win over the Toronto Maple Leafs.

Ward had a goal and an assist and Chimera also tallied for Washington.

Grunt work

**"I've counted on Wardo and Chimmer all year long. They play together — penalty kill, power play. Big bodies that we count on for a lot of minutes."** Capitals coach Adam Oates

Dion Phaneuf had a goal and an assist for Toronto and Troy Bodie also scored. THE ASSOCIATED PRESS

NHL

## Oilers slide to a win in Carolina

The Edmonton Oilers used a late power-play goal to get a hard-fought road victory.

Justin Schultz scored with the man advantage at 9:01 of the third period and the Edmonton Oilers earned a 2-1 win over the Carolina Hurricanes on Sunday.

David Perron and Taylor Hall had the assists on Schultz's ninth goal of the season as part of his third multi-point game of the season. THE ASSOCIATED PRESS

## Canada goalie. Szabados debuts in men's league

Shannon Szabados made 27 saves in her men's professional hockey league debut Saturday, although her Columbus Cottonmouths fell 4-3 to the Knoxville Ice Bears.

Szabados joined the Southern Professional Hockey League team last week. The 27-year-old goaltender from Edmonton backstopped the Canadian women's hockey team to Olympic gold Feb. 20.

Columbus led 2-1 after the opening period, but Knoxville scored three unanswered goals in the second before the Cottonmouths scored again in the third.

Shannon Szabados GETTY IMAGES

"It was fun," Szabados told the Columbus Ledger-Enquirer. "I saw a few Szabados shirts out there. It was definitely a great moment." THE CANADIAN PRESS

Successful debuts

**"It's only one game. We're mindful of that. We still have a long way to go, a lot of work to be done.... Today is a good step for us."**

**Toronto FC midfielder Michael Bradley,** after a 2-1 win in the season opener against the Sounders in Seattle on Saturday. Bradley was a standout along with fellow Toronto newcomer Jermain Defoe, who had two goals in his MLS debut.

## Horoscopes

### ♈ Aries
**March 21 - April 20**
The more you dwell on a matter that troubles you the more you will worry about it, so pull your mind away from the issue and focus on what makes you feel good.

### ♉ Taurus
**April 21 - May 21**
Your mind may be bubbling with great ideas but what are they worth if you don't do anything with them? If you want to get serious it will take more than just ideas – it will take commitment.

### ♊ Gemini
**May 22 - June 21**
If you get the chance to move up on the work front you must take it. Don't worry that you are not qualified for the job because enthusiasm is more important than experience – and that's something you'll gain as you go along.

### ♋ Cancer
**June 22 - July 23**
There is a reason for everything that happens in life and that fact won't change just because you can't work out what it might be. Your task today is to trust in yourself.

### ♌ Leo
**July 24 - Aug. 23**
Everyone makes mistakes, so don't beat yourself up just because you got something wrong. The important thing is that you recognize where you made an error and resolve not to make it again.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You won't see eye-to-eye with someone today but that doesn't matter – in fact it's good. The world would be a boring place if everyone got along all the time.

### ♎ Libra
**Sept. 24 - Oct. 23**
You will change your mind about something today that you seemed so sure about yesterday. Not everyone will be happy about it but that's not your concern.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
You may be fixed in your opinions but you are not the only one with strong beliefs. Disagreements are likely this week but that's okay. New ideas may create tension but tension itself can be creative.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Mercury, planet of communication, moves into the domestic area of your chart today, so an exchange of ideas, and feelings, with partners and loved ones will be of benefit to you all.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
A social event could lead to a new career opportunity. Knowledge and experience are always important but if it comes down to a tie-break between you and a rival it's who you know that will count.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Don't let anyone pressure you into doing something you're uneasy about. That applies to all areas of your life but especially to money matters.

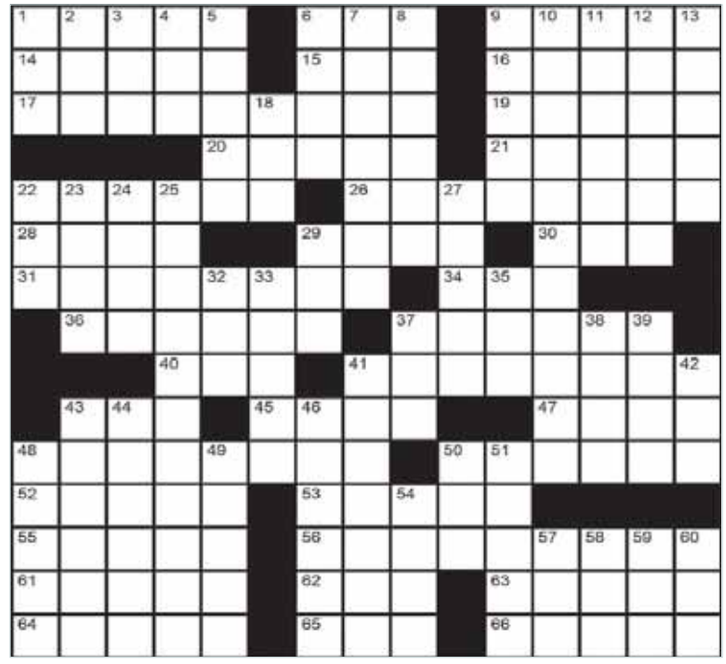
### ♓ Pisces
**Feb. 20 - March 20**
Now is the time to be ruthlessly honest. If you have things to say you must let everyone know what is on your mind. If you don't speak up now you'll be sorry about it later on.

SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

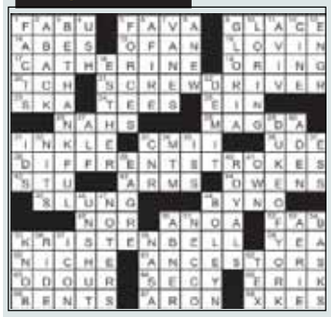
BY KELLY ANN BUCHANAN



**Across**
1. March 17th's star, St. __
6. Sci-Fi beings
9. __ Boson, 'The God Particle'
14. Overhead
15. "The Simpsons" bartender
16. Informed
17. George Bernard Shaw play
19. Energize
20. Curls
21. Hightails it
22. Viewing
26. Dublin band that performed "All I Want" on "American Idol" recently
28. House's locale, briefly
29. Wax: French
30. Ontario's Erie, et al.
31. Rabbit-in-a-hat routine: 2 wds.
34. Modern
36. Van Morrison song covered by Colin James: "Into the __"
37. Ms. McCartney
40. Fooled
41. Community in Manitoba southwest of Winnipeg
43. John Fogerty's gr.
45. Writer Ms. LeShan's
47. __-dokie
48. 1983 U2 album: 'Under a __ __ Sky'
50. Too: 2 wds.
52. Metamorphosis-izer
53. Fashion designer, Geoffrey __ (b.1924 - d.2004)
55. Liv Tyler's role in 'Lord of the Rings' movies
56. W.B. Yeats poem, Sailing to __
61. Avoid, as an issue
62. 'Speed' suffix
63. Backs
64. Keyed up
65. That, in Spanish
66. Sequence of wins in sports

**Down**
1. Tabloid's photos-supplier
2. 'Lull' ending
3. Chien: English
4. Pet doc's deg.
5. Pine
6. Actor Mr. Jannings
7. Wrench spot: 2 wds.
8. Security system device
9. __ __ dozen (Bakery order)
10. Early U2 song: 3 wds.
11. __ __ one's all (Really tried)
12. Shades of Shamrocks
13. Feel
18. Register
22. "I Am __" (2001)
23. Cheese type
24. Irritable
25. "The Unicorn" by Canadian folk group The __ __
27. Al __, as per pasta
29. Nero's 300
32. Windy City bus and train org.
33. Someone supportive
35. Poet's 'always'
37. 2008 VP candidate ...her initials-sharers
38. Do a thumbs up thing on Facebook
39. Blue dye
41. "__ __, crooked crosses, in God's country." - U2, "In God's Country"
42. Hairstyling product
43. Bobby __ (Hockey Hall of Famer born in Flin Flon, MB)
44. Animal Planet host Jeff
46. Singer/actress Ms. Reynolds
48. Super fun time
49. The Divine Comedy writer
50. Actress Ms. Ortiz
51. Propels
54. Mr. Pound of poetry
57. Haul
58. Dublin, __.
59. "What's the __?"
60. Chart

## Friday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | | | | | | | | 2 |
| | 9 | | 3 | 7 | 8 | | 6 | |
| | 7 | | | | | | 3 | |
| | | 2 | 1 | | 3 | 7 | | |
| | 3 | | | | | | 8 | |
| | | 1 | 7 | | 6 | 5 | | |
| | 4 | | | | | | 5 | |
| | 6 | | 4 | 5 | 1 | | 9 | |
| 8 | | | | | | | | 6 |

## Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 9 | 4 | 2 | 8 | 6 | 5 | 7 | 3 |
| 5 | 3 | 2 | 1 | 9 | 7 | 4 | 6 | 8 |
| 6 | 8 | 7 | 3 | 5 | 4 | 1 | 9 | 2 |
| 9 | 2 | 5 | 6 | 1 | 3 | 8 | 4 | 7 |
| 7 | 6 | 3 | 8 | 4 | 9 | 2 | 5 | 1 |
| 4 | 1 | 8 | 5 | 7 | 2 | 6 | 3 | 9 |
| 8 | 7 | 9 | 4 | 6 | 1 | 3 | 2 | 5 |
| 3 | 4 | 1 | 9 | 2 | 5 | 7 | 8 | 6 |
| 2 | 5 | 6 | 7 | 3 | 8 | 9 | 1 | 4 |

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8°/4°
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